



Moor House School & College Curriculum Map

YEAR GROUP/PATHWAY: KS3		SUBJECT AREA: PE	
Autumn	Topic 1	Topic 2	
Knowledge	Hockey & Floorball	Netball	
Skills	<ul style="list-style-type: none"> • Learn safe practise in hockey. Introduce correct warm-up techniques (dynamic flexibility stretching and sports specific warm-ups). Introduce sport <ul style="list-style-type: none"> ○ Safety talk – stick waist height max. Shin pads and gum shields advisable. ○ Two-handed grip of stick. ○ Correct dribbling – emphasise ball stuck to stick. • Learn dribbling technique – one of most important skills in hockey. <ul style="list-style-type: none"> ○ Move around court, with ball keeping in contact with stick as much as possible. ○ Running with ball dribbling. When in open space try to run with ball, slide hands higher up stick. Ball in line with right foot, head up. ○ Partner follows to apply pressure, to challenge. ○ Attempt to intercept – emphasis on correct intercept technique. • Learn dribbling technique – Indian Dribble. <ul style="list-style-type: none"> ○ Demo technique – Indian dribble (side to side), hardest to intercept. ○ Students to practice Indian dribble along the courts lines, passing from one side of the line to the other continuously. Students to be aware of other players. ○ Progression: if they come across another player head-to-head, they can try to intercept the other player’s ball and knock it away. 	<ul style="list-style-type: none"> • To know & understand the importance of a warm up. • To develop and refine footwork showing basic control. <ul style="list-style-type: none"> ○ To select and apply the appropriate footwork combination in response to the situation. • Evaluate how to improve their performance in a game situation. <ul style="list-style-type: none"> ○ To understand the need to prepare properly for games. • To develop and refine passing skills on the move. <ul style="list-style-type: none"> ○ To be able to apply and perform the correct passes in a game situation. ○ Students will evaluate each other’s passes. • To adapt and create space to increase opportunities for attack. <ul style="list-style-type: none"> ○ Understand the principle of creating and moving forward into space to receive the ball. ○ Develop the dodging technique and apply this in a game situation to gain possession of the ball. ○ Observe each other’s attacking technique and provide areas for improvement • Students will lead their own netball specific warm up. • To develop showing basic control of the marking of the ball technique and how efficient this can be in a game situation. <ul style="list-style-type: none"> ○ To select and apply the appropriate type of defending skill to the situation. 	



Moor House School & College Curriculum Map

	<ul style="list-style-type: none"> • Dribbling and Passing. <ul style="list-style-type: none"> ○ Passing and stopping the ball. Passing in their 3 teams (indicated by bib colour: red, yellow, blue). Develop skill by playing 'hot potato' (imagine ball is a bomb which will explode when the teacher says 'bang'). Peer assessment/coaching – observe say nothing, observe provide a positive. • Goal Shooting. Practice passing to increase confidence. <ul style="list-style-type: none"> • Shooting drills: weave in and out of the cones to dribble into shooting position, then shoot. Next student to start when dribbler has weaved halfway through the cones. Collect ball and dribble back to start for next player to use (multiple balls in play at any one time). • Encouraging students to challenge each other (attack and defence) in Floorball gameplay. • Encourage student-led warm-up. • Full Team Game(s). 	<ul style="list-style-type: none"> • To develop the defending technique of marking a player. <ul style="list-style-type: none"> ○ To select and apply the appropriate type of defending skill to the situation. ○ To observe, evaluate and feedback to their group and how defence can be better applied in a small game situation. ○ Develop skills learnt and place into a game situation. • Make and apply the appropriate type of skill throughout the game. • Students will select and apply the appropriate pass according to the situation. <ul style="list-style-type: none"> ○ Identify the strengths and weaknesses of others performance ○ Identify and develop different roles within netball. • Understand the role of a warm up before taking part in physical activity. • To develop the range of skills they use showing basic precision, control and fluency. <ul style="list-style-type: none"> ○ Develop skills learnt and place into a game situation. ○ Identify basic strengths and weakness of their own and others performance
Vocabulary	<ul style="list-style-type: none"> • Hockey sticks • Hockey balls • Cones • Bibs • Safety Specs • Shin pads • Mouth guards • Goals • Goalie Body armour • Dribbling and Passing. 	<ul style="list-style-type: none"> • Passing • Shooting • Netballs • Netball bibs • Cones • Netball bases & posts



Moor House School & College Curriculum Map

	<ul style="list-style-type: none"> • Shooting 	
Spring	Topic 1	Topic 2
Knowledge	Tennis Polo	Cross Country and Rounders
Skills	<ul style="list-style-type: none"> • Introduction to Tennis ball/foam ball. <ul style="list-style-type: none"> ○ Learning to catch and pass the ball ○ Practice as many types of catch as possible: Upper, half-upper, lower, in mid-air, after bounce, from the ground, with the help of the other hand, “putting down” a ball ○ Hand shape for effective catch • Learning to use a combination of kick and throw passes to advance the ball. <ul style="list-style-type: none"> ○ Learn the drop-kick. ○ Practise alternating between a kick and a throw against the wall. ○ Break down drop kick into 3 stages: hold ball in front with stretched out arm; take one step forward with opposite leg; drop ball whilst swinging through with leg and point in direction you intend the ball to go. • Learn player positions <ul style="list-style-type: none"> ○ Defensive players and the racket keeper are allowed in the ‘layer’, attackers are not. A goal can only be scored if thrown or kicked from outside layer. • Learn about defensive strategies • Learning shooting techniques. 	<ul style="list-style-type: none"> • To learn about ‘pacing yourself’ to maintain pace. <ul style="list-style-type: none"> ○ Make clear that course must be a circuit, with start and finish at same point. ○ Each time over the starting line is one lap. ○ Give students 5 to 10 minutes to design course and then race walk course as a class to check course is effective and not confusing. ○ Importance of maintaining pace – slow jog is fine but no walking, so do not start by sprinting off. • Learn what stamina is and how to build this type of fitness. <ul style="list-style-type: none"> ○ Graduated warm-up. ○ Develop by students pointing to muscles, then STAs lead stretches for muscles they feel confident about demonstrating. ○ Reinforcement and correct technique ○ Bleep test, 20m distance, record level each student reaches. ○ Cool down stretches. • Learn how to read a map. • Learn how to do orienteering. <ul style="list-style-type: none"> ○ Show students how to orientate the map. ○ Use mock flag to show students what they must do to record the code at each flag. ○ Explain that team to return and crack the code first by writing it in the correct order are the winners.



Moor House School & College Curriculum Map

	<ul style="list-style-type: none"> • Learning about Offensive strategies – Feints • Full game. <ul style="list-style-type: none"> ○ Full game, intervening with rule reminders • Learning goal keeper’s techniques. • Develop methodology of attack strategies. 	<ul style="list-style-type: none"> • To understand the rules to the game, rounders <ul style="list-style-type: none"> ○ Practical demonstration to each rule ○ Play game stopping at every play to explain rule • To improve overall performance in assessment games <ul style="list-style-type: none"> ○ To develop confidence in the correct fielding technique ○ To improve eye and coordination when striking/batting ○ To improve the accuracy and distance of over arm throws
Vocabulary	<ul style="list-style-type: none"> • Passing • Shooting • Layers • Goals • Cones • Defence • Offence • Feints 	<ul style="list-style-type: none"> • Pace • Stamina • Map • Orienteering • Rounders • Bat • Ball • Posts • Catch • Strike
Summer	Topic 1	Topic 2
Knowledge	Outdoor Gym and Track	Ultimate Frisbee
Skills	<ul style="list-style-type: none"> • Induction and safe use of outdoor gym equipment. <ul style="list-style-type: none"> ○ Students to watch demonstrations and listen to instructions for each piece of equipment. ○ Dependent on number of students, students in pairs. One spots whilst other participates on equipment. ○ Students work for allocated time (between 30 to 60 seconds). Guidance provided by teacher and STAs. ○ Students swap with partners. After each has had a go on the equipment, the students change round to the next piece of equipment. 	<ul style="list-style-type: none"> • To develop an awareness of the rules of ultimate frisbee and an understanding of the principle of ‘spirit of the game’. <ul style="list-style-type: none"> ○ Execute the backhand pass with an appropriate flat trajectory to a partner and be able to play the game in a competitive and good-spirited way ○ Make good passing decisions in a game situation and will show an increasing understanding of the rules • To be able to successfully execute a backhand throw accurately to a static and/or active partner. <ul style="list-style-type: none"> ○ To practice and reinforce their backhand passing.



Moor House School & College Curriculum Map

- | | | |
|--|--|---|
| | <ul style="list-style-type: none">• Developing running technique and tolerance through low impact activities• 100m<ul style="list-style-type: none">○ Correct sprint technique, including posture, starts and finishes.○ Low impact activities. Use variety of students to point out/demonstrate techniques. Others to feedback positives and room for improvement. Discuss development from low to high impact. Activity-specific warm-up on grass (low impact), then sprint drills, teacher-led.• 200m<ul style="list-style-type: none">○ Pacing the run. Breathing technique○ Importance of developing correct technique for speed and injury avoidance.○ Repeat sprint drills but alter distance and ask students to recollect drill activities with visual prompts.○ Students to practise 200m sprint. 4 racing each time.• Relay batons<ul style="list-style-type: none">○ Baton exchanges, team work and communication.○ Baton exchanges drills, focusing on technique.○ Emphasise team work and communication.○ Students grouped into teams to carry out 400m relay practise.• Long jump<ul style="list-style-type: none">○ Skills development through practice. | <ul style="list-style-type: none">• To be aware of the three types of catching: the ‘pancake catch’, the ‘two handed rim catch’ and the ‘single handed rim catch’.• To understand the differences between a backhand and forehand pass and be able to select the correct pass in a game situation.<ul style="list-style-type: none">○ To further reinforce your basic passing and catching skills.• To effectively pivot when making a pass backhand and/or forehand pass.<ul style="list-style-type: none">○ Use pivoting in practice and in small sided games○ Pivot around markers effectively to execute passes in game situations• To understand what a ‘cut’ is and to use it effectively in a game situation.<ul style="list-style-type: none">○ To understand how ‘cutting’ can benefit your side in a game.○ Use change of direction to make effective cuts, and continue to run onto the disc○ Show an increasing awareness of the space available in a game, and make sharp cuts to move into this space.• To understand how stacking can be effectively used in ultimate frisbee.<ul style="list-style-type: none">○ Understand the basic principle behind stacking, and be part of this formation in game situations.○ Fully understand the principle of stacking and communicate well with team-mates, advising them how to effectively cut from a stack and clear out.• To further develop your understanding of the role of the defence. |
|--|--|---|



Moor House School & College Curriculum Map

	<ul style="list-style-type: none"> ○ Introduce/remind students of no jump. Launch from white blank, don't step on black strip, otherwise no jump. ○ Students focus on increasing pace using arms and legs, and to launch off strongest leg. ○ Students to develop landing on two feet simultaneously and landing with feet and arms forwards. 	<ul style="list-style-type: none"> ○ To effectively mark and defend as a team in ultimate frisbee. ○ Develop some understanding of defensive structure and marking in a game. ○ Understand the principles of forcing, use this tactic in game situations and instruct and advise others. ● To further develop your passing ability over a longer distance with increasing accuracy and control. <ul style="list-style-type: none"> ○ Begin to understand the techniques of throwing a longer pass, and throw longer passes with some accuracy and control ○ Make good passing decisions in a game situation, appreciating good opportunities for a longer pass and executing these passes well ● To consolidate all new skills learnt throughout in a game situation.
Vocabulary	<ul style="list-style-type: none"> ● Gym ● Track ● Baton ● Pace ● Breathing ● Start ● Finish 	<ul style="list-style-type: none"> ● Passing ● Catching ● Cut ● Stack ● Backhand ● Forehand ● Defence ● Offence